Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Friday, August 29, 2025

Manifest the Higher Self

First, watch Aaron Abke's video below.

Then, read my writings below.

Want to manifest the Higher Self? Remember you are not the body, you are not the emotions, you are not the thoughts, you are loving awareness. You are a Spirit having a human experience.

The ego and personality (mind body spirit complex) is Density 3. The Higher Self Soul is Densities 4 and 5. The Higher Self Oversoul or Monad or Spirit is Density 6. The Higher Self Mind Body Spirit Complex Totality is Density 7. Higher Self as Source is Density 8- the next Octave.

I Am that refers to Densities 4 and 5. I Am Presence refers to Densities 6 and 7. I Am All That Is refers to Density 8. Every Density is greater consciousness and presence until there is only All That Is.

There is a correspondence in our chakra system- As above so below. Chakras 4 and 5 are Soul (heart, throat) which reflect densities 4 and 5. The drop awakens and serves. Chakra 6 is Spirit or Oversoul or Monad which reflects density 6 (third eye). The drop merging to Ocean. Chakra 7 is the mind body spirit totality or crown which reflects density 7. Totality. The Ocean.

As we become a Unified Field and Lightbody so it is with our Expansion as Source through the densities

Cross-walk Ra vs Alice Bailey and you get: Soul = Causal, Buddhic and Atmic Planes. Oversoul or Monad or Spirit = Monadic Plane. Mind Body Spirit Totality = Logoic Plane. I believe the highest access to direct consciousness on Earth is the Monadic Plane due to the human form being veiled from full All That Is Omniscience and Omnipresence (Logoic Plane). Ascended Masters can access the Logoic Plane via the inner planes in Lightbodies.

- August 29, 2025

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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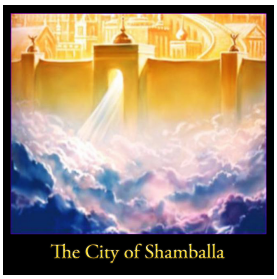

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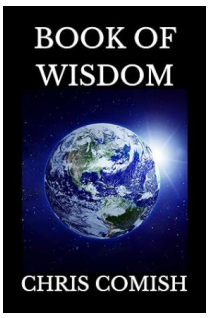

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Light body

Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

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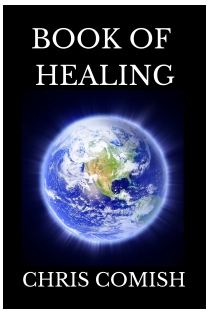

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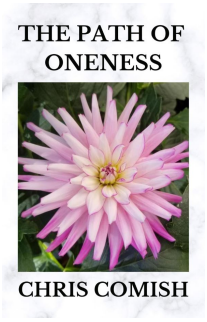

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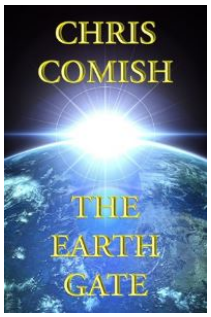

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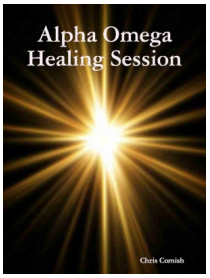

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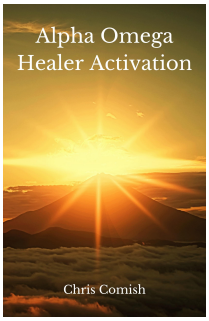

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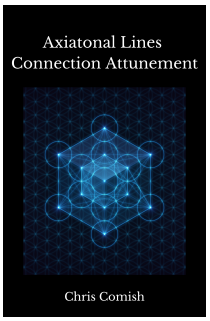

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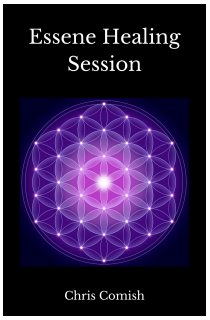

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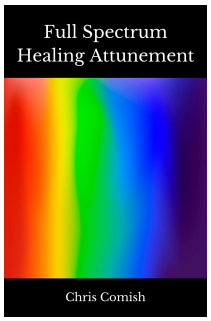

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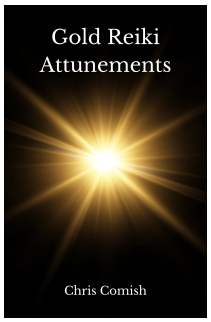

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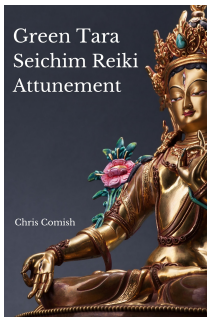

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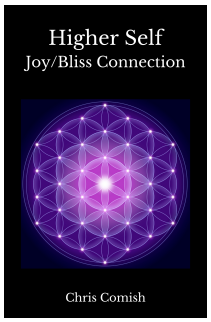

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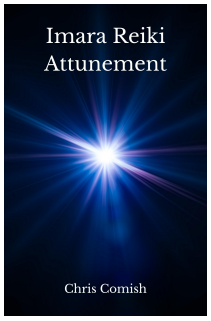

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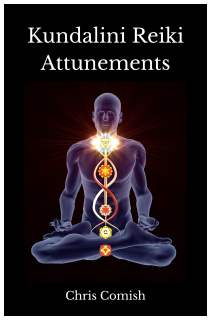

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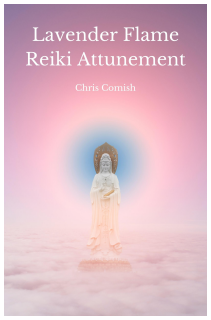

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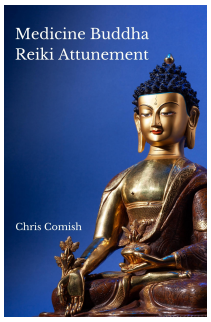

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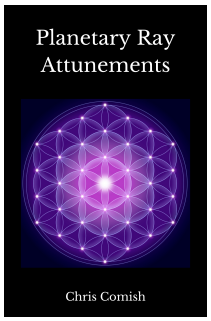

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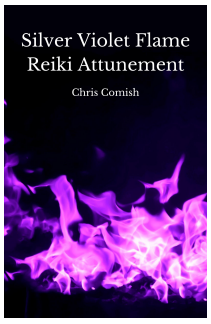

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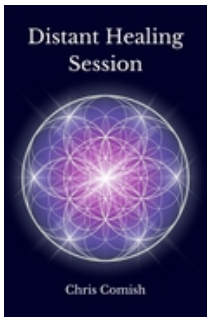

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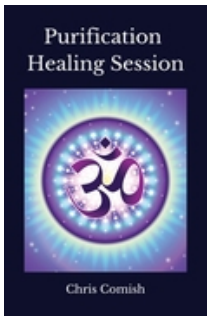

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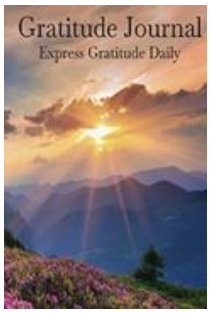

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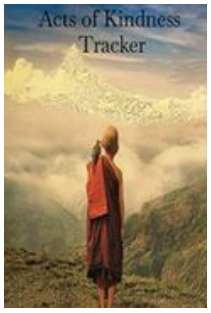

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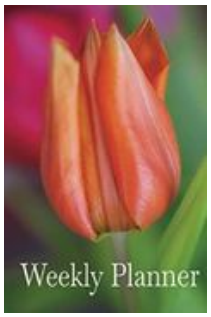

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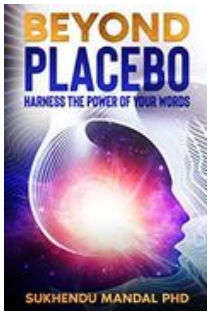

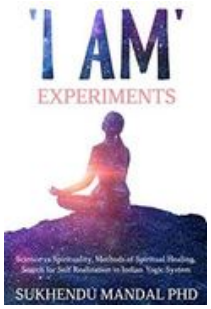

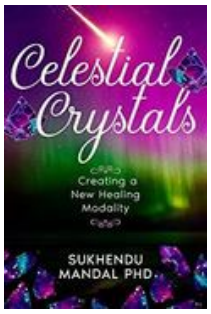

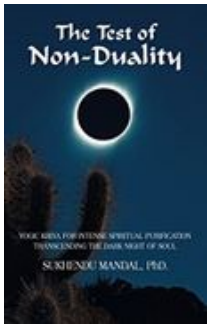

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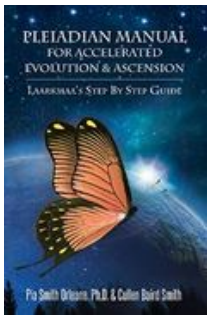

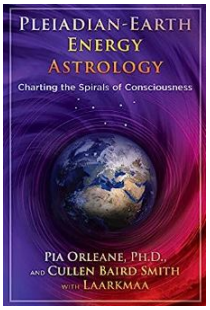
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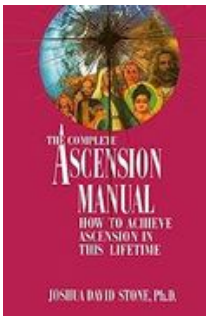
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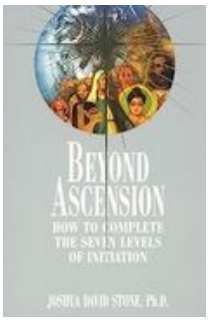
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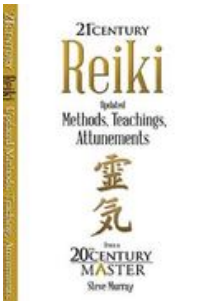
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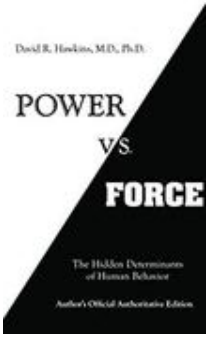
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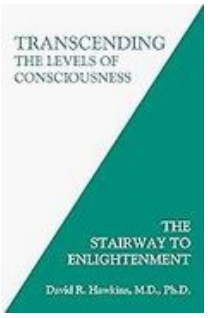
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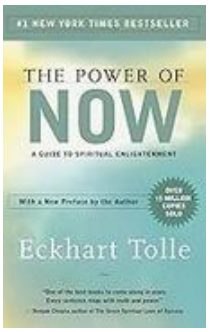
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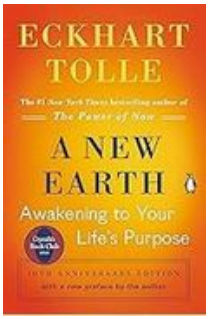
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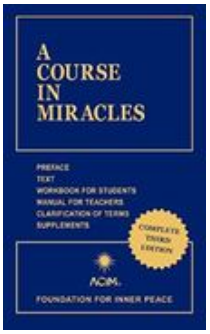
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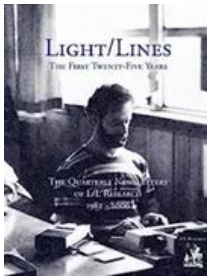
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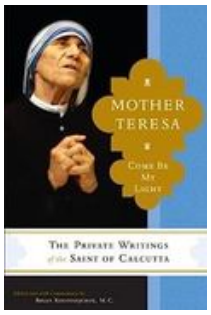
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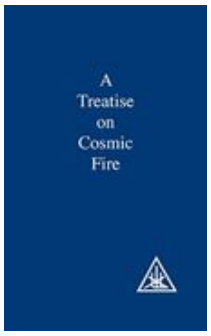
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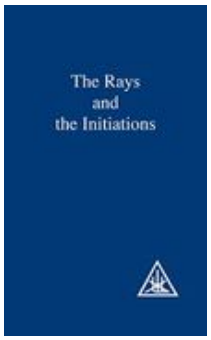
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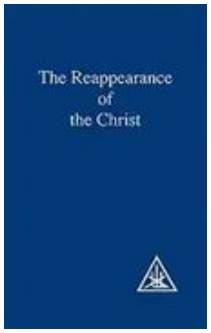
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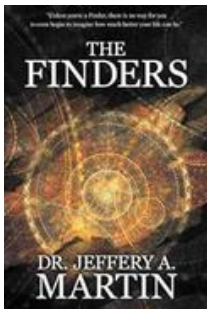
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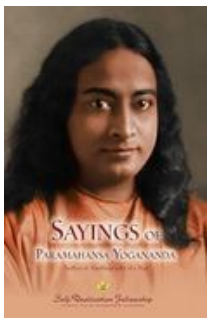
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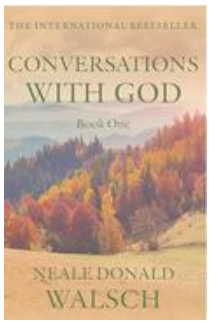
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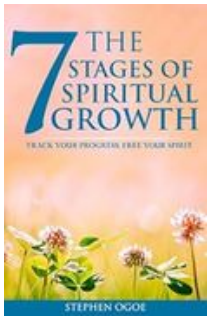
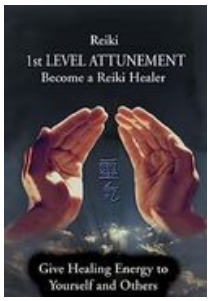
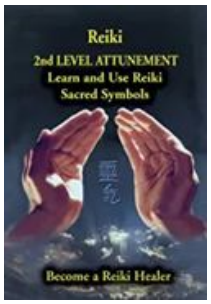
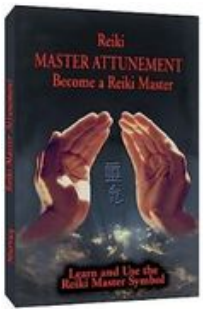
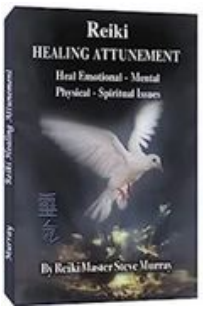


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
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- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
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